WHERE
Together
TASTES
BETTER
Denny's

Drinks & SHAKES

COFFEE

OUR 100% ARABICA BEANS ARE SUSTAINABLY HARVESTED.

SIGNATURE DINER BLEND 3.19
REGULAR · DECAF
FREE REFILLS.

COLD BREW COFFEE 4.99
UNSWEETENED · SWEETENED
REFILLS EXTRA. Also available black.

SMOOTHIES

MADE WITH REAL FRUIT, JUICE AND YOGURT. 5.69 each

TROPICAL GREEN GF

STRAWBERRY BANANA BLISS GF

GROOVY MANGO GF

OTHER BEVERAGES

FREE REFILLS. SELECTION MAY VARY.

SOFT DRINKS 3.49

HOT TEA / HERBAL TEA 3.19

HOT CHOCOLATE 3.19

DASANI® BOTTLED WATER 2.75 each

PREMIUM LEMONADES

FREE REFILLS.

OUR PREMIUM MINUTE MAID® LEMONADES ARE MADE WITH REAL LEMONS AND NATURAL FLAVOURS.

LEMONADE 3.79

MANGO LEMONADE 3.99

STRAWBERRY LEMONADE 3.99

ICED TEAS

FREE REFILLS.

ICED TEA 3.79

LEMONADE ICED TEA 3.99

JUICE & MILK

MINUTE MAID® ORANGE JUICE 3.99

OTHER JUICES 3.99
APPLE · TOMATO · RUBY RED GRAPEFRUIT

MILK 3.79

CHOCOLATE MILK 3.99

MILK SHAKES

MADE WITH PREMIUM ICE CREAM AND TOPPED WITH WHIPPED CREAM. PLUS, A LITTLE EXTRA IN THE TIN. 5.99 each

CHOCOLATE PEANUT BUTTER GF
PEANUT BUTTER BANANA GF
CAKE BATTER
CHOCOLATE GF
STRAWBERRY GF
VANILLA GF
OREO®

UPGRADE YOUR BUTTERMILK PANCAKES TO **HEARTY 9-GRAIN PANCAKES** FOR 99¢ MORE.

Signature SLAMS

SUBSTITUTE HEALTHIER ITEMS LIKE **EGG WHITES** OR **SUGAR-REDUCED SYRUP**.

Egg Quality Assurance

FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 11.59

GF when you choose the Gluten Free English muffin

ALL-AMERICAN SLAM®

Three scrambled eggs with Cheddar cheese, bacon strips, sausage links, hash browns and choice of bread. 13.99

BUILD YOUR OWN Grand Slam®

Pick **FOUR** items and make it your own. 11.99

2 Bacon Strips **GF**
2 Sausage Links **GF**
2 Turkey Bacon Strips **GF**
2 Eggs* **GF**
2 Egg Whites **GF**
2 Buttermilk Pancakes
2 Slices of Toast
English Muffin
Gluten Free English Muffin **GF**
Hash Browns **GF**
Oatmeal (6am-2pm only)

PREMIUM ITEMS add 99¢ each
Grilled Ham Slice **GF**
2 Hearty 9-Grain Pancakes
Seasonal Fruit **GF** (Selection may vary.)
Yogurt **GF**

Or order the **ORIGINAL GRAND SLAM®** and get two buttermilk pancakes, two eggs,* two bacon strips and two sausage links.

ADD Additional Items TO YOUR BUILD YOUR OWN GRAND SLAM®

1.59 each (Limit two items.)
Additional charge for premium items.

LUMBERJACK SLAM®

Buttermilk pancakes, grilled ham, bacon strips, sausage links, eggs,* hash browns and choice of bread. 14.99

FRENCH TOAST SLAM®

Thick French toast served with eggs,* bacon strips and sausage links. 12.69

BELGIAN WAFFLE SLAM®

Golden waffle served with eggs,* bacon strips and sausage links. 12.99

Breakfast POUTINE 6.99

FIT FARE®: Over 20g of protein · Under 15g of fat · Under 550 calories

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

GF indicates food options that are **GLUTEN FREE**. Menu items marked as GF are less than 20 parts per million for a gluten free claim. Please note that our restaurants are not set up as a strictly gluten free environment. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen. We do not maintain halal or kosher kitchens.

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Fluffy PANCAKES

SERVED WITH **TWO EGGS*, HASH BROWNS**,
PLUS **TWO BACON STRIPS** OR **TWO SAUSAGE LINKS**.

SALTED CARAMEL AND BANANA PANCAKE BREAKFAST

Buttermilk pancakes cooked with shortbread pieces and topped with vanilla cream, bananas, more shortbread pieces and salted caramel. 14.49

PANCAKES ONLY 8.49

CINNAMON ROLL PANCAKE BREAKFAST

Buttermilk pancakes cooked with cinnamon crumb topping and topped with whipped cream and cream cheese icing. 14.39

PANCAKES ONLY 8.49

DOUBLE BERRY BANANA PANCAKE BREAKFAST

Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries, bananas and whipped cream. 13.69

PANCAKES ONLY 8.29

Berry selection based on seasonality.

CHOCONANA PANCAKE BREAKFAST

Ghirardelli® chocolate chips cooked inside buttermilk pancakes. Topped with bananas, more Ghirardelli® chocolate chips and whipped cream. 13.69

PANCAKES ONLY 8.29

MADE WITH GHIRARDELLI MAKES LIFE A BITE BETTER

BLUEBERRY PANCAKE BREAKFAST

Buttermilk pancakes cooked with blueberries. 12.29

HEARTY 9-GRAIN PANCAKE BREAKFAST

Multigrain wheat pancakes made with flaxseeds, cinnamon and brown sugar. Served with seasonal fruit instead of hash browns. 12.59

ADD TWO EXTRA *Bacon* STRIPS 1.99

SIDES

4 Bacon Strips **GF**	3.99
4 Turkey Bacon Strips **GF**	3.99
4 Sausage Links **GF**	3.99
Grilled Ham Slice **GF**	4.99
Eggs* (each) **GF**	99¢
2 Slices of Toast	2.99
English Muffin	2.99
Gluten Free English Muffin **GF**	2.99
Hash Browns **GF**	3.99
Cheddar Cheese Hash Browns **GF**	4.99
Everything Hash Browns (onions, Cheddar cheese & country gravy)	5.59
Red-Skinned Potatoes **GF**	3.99
Oatmeal (6 am - 2 pm only)	4.99
Yogurt **GF**	3.59
Seasonal Fruit **GF** (selection may vary.)	4.99

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Savoury THREE-EGG OMELETTES

SERVED WITH **HASH BROWNS** AND CHOICE OF **BREAD**.
GF when you choose the Gluten Free English muffin

Egg Quality Assurance

shown with seasonal fruit

LOADED VEGGIE OMELETTE

Fresh spinach, sautéed mushrooms, sautéed zucchini & squash, tomatoes and Swiss cheese. 13.69

when you choose egg whites, seasonal fruit and an English muffin as your sides

WILD WEST OMELETTE

Diced ham, fire-roasted bell peppers & onions, jalapeños and Canadian cheese. 14.69

MY HAMMY & CHEESE OMELETTE

Diced ham with Swiss & Canadian cheeses. 14.69

PHILLY CHEESESTEAK OMELETTE

Grilled prime rib, fire-roasted bell peppers & onions, sautéed mushrooms and Swiss cheese. 14.69

ULTIMATE OMELETTE®

Crumbled sausage, bacon, fire-roasted bell peppers & onions, sautéed mushrooms, tomatoes and Cheddar cheese. 14.99

BUILD YOUR OWN *Omelette*

Pick **FOUR** items and make it your own. 14.99 **EXTRA ITEMS** 99¢ each

VEGETABLES GF

- Caramelized Onions
- Fire-Roasted Bell Peppers & Onions
- Fresh Spinach
- Jalapeños
- Pico de Gallo
- Sautéed Mushrooms
- Tomatoes

CHEESES GF

- Canadian
- Cheddar
- Feta
- Italian Cheese Blend
- Pepper Jack Queso
- Swiss

MEATS GF

- Bacon
- Chorizo Sausage
- Sausage
- Ham
- Turkey Bacon

ADD FRESH *Avocado* GF TO ANY OMELETTE
1.59

AUTHENTIC *French* CREPES

SERVED WITH **TWO EGGS*, HASH BROWNS**, PLUS **TWO BACON STRIPS** OR **TWO SAUSAGE LINKS**.

BERRY VANILLA CREPE BREAKFAST

Folded with vanilla cream and topped with fresh seasonal berries, strawberry sauce and powdered sugar. Berry selection based on seasonality.

ONE CREPE BREAKFAST 13.29
TWO CREPE BREAKFAST 15.59
CREPE À LA CARTE **ONE** 6.99 **TWO** 8.99

BANANA CHOCOLATE HAZELNUT CREPE BREAKFAST

Folded with vanilla cream and topped with chocolate hazelnut spread and bananas.

ONE CREPE BREAKFAST 13.29
TWO CREPE BREAKFAST 15.59
CREPE À LA CARTE **ONE** 6.99 **TWO** 8.99

FIT FARE®: Over 20g of protein · Under 15g of fat · Under 550 calories

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SIZZLIN' *Breakfast* SKILLETS

CAUTION: Skillets are hot. Handle with care.

SANTA FE SIZZLIN' SKILLET GF

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red-skinned potatoes. Topped with Cheddar cheese and eggs.* 13.39

FIT FARE® VEGGIE SIZZLIN' SKILLET GF

Seasoned red-skinned potatoes, fire-roasted bell peppers & onions, mushrooms and broccoli. Topped with egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. 12.69 |

SUPREME SIZZLIN' SKILLET GF

Crumbled sausage, fresh spinach, fire-roasted bell peppers & onions, mushrooms, grape tomatoes and seasoned red-skinned potatoes. Topped with Cheddar cheese and eggs.* 13.59

ADD *Toast* TO ANY SKILLET 1.59

Classic BREAKFAST FAVOURITES

STEAK & EGGS*

SERVED WITH **TWO EGGS*, HASH BROWNS** AND CHOICE OF **BREAD**.

GF when you choose the Gluten Free English muffin

T-BONE STEAK* & EGGS*

A 13 ounce seasoned T-Bone steak.* 22.49

COUNTRY-FRIED STEAK & EGGS*

A chopped beef steak smothered in rich country gravy. 14.59

DENNY'S BENNIES

SERVED WITH **SEASONED RED-SKINNED POTATOES** OR **HASH BROWNS**.
FULL ORDER 13.29 **HALF ORDER** 9.59

Classic Benny

CLASSIC

Poached eggs* on an English muffin with shaved ham and Hollandaise sauce.

SOUTHWESTERN

Poached eggs* on an English muffin with chorizo and Hollandaise sauce, drizzled with five pepper sauce and topped with pico de gallo.

SALSA SENSATION

Poached eggs* on an English muffin with tomato and Hollandaise sauce, topped with Cheddar cheese and pico de gallo.

PRIME RIB

Poached eggs* on an English muffin topped with prime rib and Hollandaise sauce, topped with fire-roasted bell peppers & onions.

BREAKFAST MELTS

SERVED WITH **HASH BROWNS**.

THE GRAND SLAMWICH®

Scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on potato bread grilled with a maple spice spread. 13.49

MOONS OVER MY HAMMY®

Ham and scrambled egg sandwich with Swiss and Canadian cheeses on grilled sourdough. 13.59

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Shareable STARTERS

BUILD YOUR OWN SAMPLER™

Served with choice of dipping sauces. **PICK FOUR** 16.79 **PICK THREE** 13.49

Premium Chicken Tenders
Mozzarella Cheese Sticks
Bacon Cheddar Tots
Cheese Quesadilla
Chips & Queso
Onion Rings
Wavy-Cut Fries
Seasoned Fries

LOADED NACHO TOTS

House-made Bacon Cheddar Tots topped with Cheddar cheese, Pepper Jack queso, seasoned nacho meat, bacon, jalapeños and sour cream. 11.99

TEN BACON CHEDDAR TOTS 6.99

POUTINE

Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy. 6.99

Soup OF THE DAY

Kettle-cooked to be rich and hearty.

BOWL 5.99 **CUP** 4.49

Mon/Tue
GARDEN VEGETABLE
CHICKEN NOODLE

Wed/Thu
LOADED BAKED POTATO
CHICKEN NOODLE

Friday
CLAM CHOWDER
CHICKEN NOODLE

Sat/Sun
BROCCOLI CHEDDAR
CHICKEN NOODLE

Available from 11 am to 10 pm.

PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce. 13.29

NEW! CRISPY BRUSSELS SPROUTS APPETIZER

Roasted and fried Brussels sprouts with a honey cider glaze. 7.59

MOZZARELLA CHEESE STICKS

Eight golden-fried cheese sticks with a side of tomato sauce. 9.79

ONION RINGS

Crispy-fried onion rings served with our Classic Diner sauce. 6.99

ZESTY NACHOS GF

Tortilla chips freshly cooked and topped with Pepper Jack queso, Cheddar cheese, seasoned nacho meat, fresh pico de gallo and sour cream. 13.69

HALF ORDER 9.99

CHICKEN WINGS

Lightly seasoned breaded chicken wings golden-fried and crispy. With your choice of dipping sauce. 12.99

Mild Sauces

CLASSIC DINER SAUCE
BLUE CHEESE
RANCH

Sweet & Tangy Sauces

BBQ
BOURBON
HONEY MUSTARD

Spicy Sauces

BUFFALO
MANGO HABANERO — FRESH OUT
CREAMY SRIRACHA

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BCSKMB1020

Super SANDWICHES

SERVED WITH **WAVY-CUT FRIES, HASH BROWNS, SEASONAL FRUIT** OR **DIPPABLE VEGGIES**.

shown with seasoned fries upgrade

NEW! HONEY BUTTERMILK CHICKEN SANDWICH

Premium golden-fried chicken tossed in a honey buttermilk glaze with lettuce and pickles on a grilled split top bun. 15.49

Also available tossed in Buffalo or BBQ sauce.

NEW! CALI CHICKEN BURRITO

Grilled seasoned chicken breast, fresh avocado, pico de gallo, a blend of shredded cheeses and ranch dressing wrapped in a grilled flour tortilla. Served with freshly cooked tortilla chips and salsa. 15.29

GRILLED TUSCAN CHICKEN SANDWICH

Seasoned chicken breast topped with Swiss cheese, bacon, sun-dried tomato mayo, lettuce, tomato, red onions and pickles on a multigrain bun. 15.69

THE SUPER BIRD®

Roast turkey breast with Swiss cheese, bacon and tomato on grilled sourdough. 13.79

CALI CLUB SANDWICH

Roast turkey breast, ham, bacon, Swiss cheese and fresh avocado on toasted multigrain bread with sun-dried tomato mayo, lettuce and tomato. 14.59

CLUB SANDWICH

Roast turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. 13.79

MEGA PHILLY CHEESE MELT

Choice of prime rib or grilled & seasoned chicken breast with sautéed mushrooms, fire-roasted bell peppers & onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic & herbs. 15.39

BIG DIPPER MELT

Tender pot roast with melted Swiss cheese, caramelized onions and mayo on grilled Texas toast. Served with French onion au jus for dipping. 16.99

SIDES

Onion Rings	4.99	Caesar Side Salad	5.99	Bacon Cheddar Tots	4.59
Seasoned Fries	4.99	Garden Side Salad	5.99	Dippable Veggies	3.29
Wavy-Cut Fries **GF**	3.99	NEW! Crispy Brussels Sprouts	3.99	Seasonal Fruit **GF**	4.99
Hash Browns **GF**	3.99			(Selection may vary.)	

POUTINE

UPGRADE FOR 3.59 MORE

Fresh SALADS

shown with grilled chicken add-on

CAESAR SALAD

Bacon crumbles and Italian cheeses on fresh Romaine lettuce tossed with Caesar dressing. 9.99

COBB SALAD

Bacon, fresh avocado, grape tomatoes, Cheddar cheese, hard-boiled egg and potato sticks atop a bed of iceberg mix. Served with choice of dressing. 11.59

HOUSE SALAD

Sliced cucumbers, grape tomatoes, Cheddar cheese and croutons atop a bed of iceberg mix. Served with your choice of dressing. 8.99

Salad ADD-ONS

Grilled Chicken **GF**	5.49
Premium Chicken Tenders	5.49
Prime Rib **GF**	5.49
Wild Salmon **GF**	7.49
Fresh Avocado **GF**	1.59

100% BEEF BURGERS

SERVED WITH YOUR CHOICE OF **WAVY-CUT FRIES, HASH BROWNS, SEASONAL FRUIT** OR **DIPPABLE VEGGIES**.

CANADA'S DINER DOUBLE

Canadian cheese, caramelized onions and Classic Diner sauce on a brioche bun. 16.89

SINGLE ONLY 13.69

SPICY SRIRACHA BURGER

Cheddar cheese, bacon, jalapeños, creamy Sriracha sauce, lettuce, tomato, red onions and pickles on a brioche bun. 16.29

BOURBON BACON BURGER

Cheddar cheese, bacon, sautéed mushrooms, fire-roasted bell peppers & onions, bourbon sauce, lettuce, tomato, red onions and pickles on a brioche bun. 15.39

DOUBLE CHEESEBURGER

Choice of Canadian, Swiss or Cheddar cheese with lettuce, tomato, red onions and pickles on a brioche bun. 16.99

SLAMBURGER™

Hash browns, an egg,* bacon strips and Canadian cheese on a brioche bun. 13.99

BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, melted Cheddar cheese, mayo, lettuce, tomato, red onions and pickles on a brioche bun. 15.39

Onion RINGS
UPGRADE FOR 99¢ MORE

Seasoned FRIES
UPGRADE FOR 99¢ MORE

Bacon CHEDDAR TOTS
UPGRADE FOR 1.99 MORE

BUILD YOUR OWN *Burger*

Lettuce, tomato, red onions and pickles included. 13.79

PICK YOUR PATTY
100% Beef Patty **GF**
Grilled Seasoned Chicken Breast **GF**
EXTRA PATTY 3.75
NEW! Beyond Burger® Patty **GF** 1.99 more

FIND YOUR BASE
Brioche Bun
Multigrain Bun

SAY CHEESE
Swiss **GF**
Cheddar **GF**
Canadian **GF**
EXTRA CHEESE 1.59 each

ADD YOUR TOPPINGS
Caramelized Onions **GF**
Sliced Jalapeños **GF**
Mayo **GF**
BBQ Sauce **GF**
Bourbon Sauce

PREMIUM TOPPINGS 1.59 each
Fresh Avocado **GF**
2 Bacon Strips **GF**
Sautéed Mushrooms **GF**

BEYOND MEAT

NEW! *Beyond* BURGER®

100% PLANT-BASED PATTY†

Featuring the Beyond Burger® patty, a 100% plant-based patty, Canadian cheese and our Classic Diner sauce with lettuce, tomato, red onions and pickles on a multigrain bun.† 16.59

SUBSTITUTE THE BEYOND BURGER® PATTY† GF ON ANY SIGNATURE BURGER BUILD FOR 1.99 each

†Due to our cooking procedures, the Beyond Burger® may come in contact with animal-based products or ingredients and might not be 100% plant-based. Cheese and sauce are not plant-based.

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BCSKMB1020

Deluxe DINNER CLASSICS

SERVED WITH **TWO SIDES** AND **DINNER BREAD**.** ADD AN ADDITIONAL SIDE: 1.59

PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders served with choice of dipping sauce. 14.69

MEDITERRANEAN GRILLED CHICKEN

Grilled chicken breasts seasoned with Greek herbs & spices, topped with tomato bruschetta and Feta cheese. 17.69

GF when you choose two Gluten Free sides and the Gluten Free English muffin

ROAST TURKEY

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. 15.99

BROOKLYN SPAGHETTI & MEATBALLS

Seasoned meatballs atop a bed of pasta covered in meaty tomato sauce. Served with shredded Italian cheeses and dinner bread. 16.49 **No sides included.

BAKED LASAGNA

Rich lasagna with meaty tomato sauce topped with melted Italian cheeses and served with dinner bread. 15.99 **No sides included.

MAMA D'S POT ROAST BOWL

Slow-cooked pot roast atop red-skinned mashed potatoes with roasted carrots, celery and onions all covered in rich gravy. Served with dinner bread. 16.79

ADD *Toast* TO ANY SKILLET 1.59

SIZZLIN' *Dinner* SKILLETS

CAUTION: Skillets are hot. Handle with care. **No sides or bread are included with skillets.

CRAZY SPICY SIZZLIN' SKILLET GF

Chorizo sausage, fire-roasted bell peppers & onions, mushrooms, jalapeños and seasoned red-skinned potatoes. Topped with grilled seasoned chicken breast, Cheddar cheese, a spicy five pepper sauce and Pepper Jack queso. 16.49 **ADD TWO EGGS* GF** 1.59

BOURBON CHICKEN SIZZLIN' SKILLET GF

A grilled seasoned chicken breast covered with a bourbon glaze, topped with fire-roasted bell peppers & onions and mushrooms, all atop broccoli and seasoned red-skinned potatoes. 16.29

Seafood & STEAKS

SERVED WITH **TWO SIDES** AND **DINNER BREAD**.** **ADDITIONAL SIDE** 1.59

UPGRADE YOUR SIDE TO **BRUSSELS SPROUTS** FOR 99¢ MORE.

T-BONE STEAK*

A 13 ounce seasoned T-Bone steak.* 22.99

GF when you choose two Gluten Free sides and the Gluten Free English muffin

GARLIC PEPPERCORN SIRLOIN*

A Canadian AAA cut, 6 oz. seasoned Sirloin steak* topped with savoury garlic peppercorn. 19.99

when you choose broccoli and sautéed zucchini & squash and without dinner bread

GF when you choose two Gluten Free sides and the Gluten Free English muffin

COUNTRY-FRIED STEAK

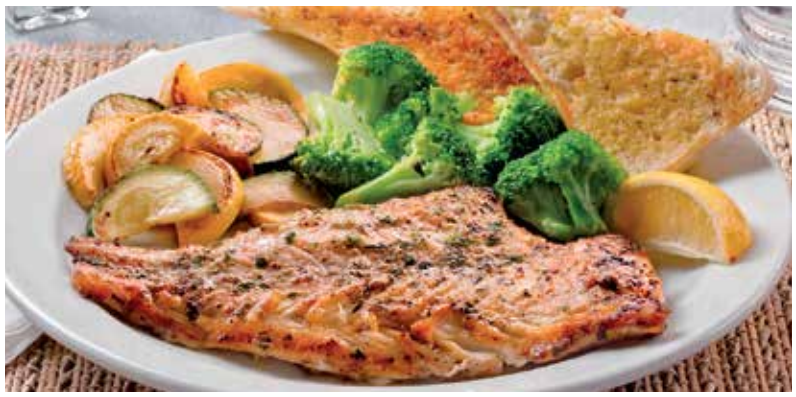
Two golden-fried chopped beef steaks smothered in country gravy. 15.59

WILD SALMON

A grilled wild-caught salmon fillet seasoned with a blend of garlic & herbs. 16.39

when you choose red-skinned mashed potatoes and broccoli and without dinner bread

GF when you choose two Gluten Free sides and the Gluten Free English muffin



GRILLED HADDOCK

A grilled wild-caught haddock fillet seasoned with a blend of garlic & herbs. 15.99

when you choose red-skinned mashed potatoes and broccoli and without dinner bread

GF when you choose two Gluten Free sides and the Gluten Free English muffin

FISH & CHIPS

Wild-caught white fish fillets fried golden-brown, plus tartar sauce and wavy-cut fries. 15.99 **Served with one additional side.

SIDES

- Garlic Red-Skinned Mashed Potatoes **GF**
- Red-Skinned Potatoes **GF**
- Whole Grain Rice
- Sweet Petite Corn **GF**
- Dippable Veggies
- Sautéed Zucchini & Squash (also available steamed) **GF**
- Hash Browns **GF**
- Wavy-Cut Fries **GF**
- Jasmine Rice **GF**
- Broccoli **GF**

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55+ Diner MENU

SUBSTITUTE HEALTHIER ITEMS LIKE **EGG WHITES** AND **SUGAR-REDUCED SYRUP**.

BREAKFAST

55+ SCRAMBLED EGGS & CHEDDAR BREAKFAST
Two scrambled eggs with Cheddar cheese. Served with two bacon strips, two sausage links and buttermilk pancakes. 10.29

55+ BELGIAN WAFFLE SLAM®
A golden waffle served with one egg,* two bacon strips or two sausage links. 9.29

55+ STARTER™
One egg* with two bacon strips or two sausage links. Choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast or English muffin. 8.99

GF when you choose the Gluten Free English muffin

55+ FRENCH TOAST SLAM®
One thick slice of our fabulous French toast with one egg,* two bacon strips or two sausage links. 8.99

55+ FIT FARE® LOADED VEGGIE OMELETTE
Egg white omelette with spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin. 9.99

GF when you choose the Gluten Free English muffin

55+ OMELETTE
Two-egg omelette with sautéed onions, bacon, tomatoes and Cheddar cheese. Served with choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of bread. 9.99

GF when you choose the Gluten Free English muffin

GF indicates food options that are **GLUTEN FREE**. Menu items marked as GF are less than 20 parts per million for a gluten free claim. Please note that our restaurants are not set up as a strictly gluten free environment. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen. We do not maintain halal or kosher kitchens.

*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED MAY BE UNDERCOOKED AND WILL ONLY BE SERVED UPON THE CONSUMERS' REQUEST. NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

LUNCH

55+ CLUB SANDWICH
Carved turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. Served with wavy-cut fries. 9.99

55+ GRILLED CHEESE SANDWICH & SOUP
Canadian cheese on grilled sourdough bread and served with a cup of soup. 9.59

Soup available from 11 am to 10 pm. Other side choices available upon request.

DINNER

INCLUDES CHOICE OF **CAESAR SIDE SALAD**, **GARDEN SIDE SALAD** OR **CUP OF SOUP**.
Soup available from 11 am to 10 pm.

55+ COUNTRY-FRIED STEAK
A chopped beef steak smothered in country gravy. Served with two sides and dinner bread. 11.59

55+ GRILLED CHICKEN
Grilled seasoned chicken breast served with two sides and dinner bread. 13.19 **GF** when you choose two Gluten Free sides and the Gluten Free English muffin

NEW! 55+ FISH & CHIPS
A wild-caught white fish fillet fried golden-brown, plus tartar sauce and wavy-cut fries. 13.89

55+ GRILLED HADDOCK
A grilled wild-caught haddock fillet seasoned with a blend of garlic & herbs. Served with choice of two sides and dinner bread. 13.99

when you choose red-skinned mashed potatoes and broccoli and without dinner bread

GF when you choose two Gluten Free sides and the Gluten Free English muffin

55+ TURKEY DINNER
Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with choice of two sides and dinner bread. 14.39

FIT FARE®: Over 20g of protein | Under 15g of fat | Under 550 calories

New BUTTER CHICKEN SKILLET

Grilled seasoned chicken breast covered with a mild butter chicken curry sauce atop whole grain rice and fire-roasted bell peppers & onions. 16.29

BCSKMB

At Denny's, our commitment to serving quality food without sacrificing flavour or value is reflected in our sourcing and dedication to animal welfare. We strongly believe in running our business as responsibly as possible.

All of our suppliers are in accordance with the humane handling and slaughter of food animals. Denny's offers guests high quality ingredients including wild-caught sustainable salmon, hormone and steroid-free pork and poultry, and fresh-cut seasonal fruit and vegetables.

The Egg Quality Assurance™ (EQA) program is an industry-wide initiative that certifies Canadian eggs are produced according to strict food safety and animal welfare standards. All eggs that are certified EQA™ have met the highest standards of Egg Farmers of Canada's Start Clean-Stay Clean® and Animal Care Programs.

Egg Quality Assurance

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

FitFare® Guide to Better Nutrition

Choosing healthy is important, so look for these Fit Fare logos.

LEAN	LIGHT	PROTEIN	FIBRE
Under 15g of fat	Under 550 calories	Over 20g of protein	Over 8g of fibre

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